



AGING INTERNET INFORMATION NOTES empowering users to explore internet resources

Nutrition and Food Safety and Security

(See Also: [Exercise and Fitness](#))

- [Federal Government Agencies: Gateways](#)
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Nutritional information, education and programs such as congregate and home delivered meals supported by the Older American Act and Food Stamp programs are critical to the longevity and well being of older adults. Sites selected here included government sites describing nutrition, food safety and food security programs, General Accounting Office reports, consumer-oriented information; and service provider, professional and academic sites that include both scientific and applied information useful to all audiences.

Federal Government Agencies: Gateways

Gateway to Government Nutrition Sites

<http://www.nutrition.gov/>

To skip the “movie” go to: <http://www.nutrition.gov/home/index.php3>

Gateway to Government Food Safety Information

<http://www.foodsafety.gov/>

Nutrition for Seniors – Medline Plus

(National Library for Medicine)

<http://www.nlm.nih.gov/medlineplus/nutritionforseniors.html>

Federal Government Agencies: Programs

Administration on Aging

Older Americans Act Nutrition Program

<http://www.aoa.gov/eldfam/Nutrition/Nutrition.asp>

The Elderly Nutrition Program – Fact Sheet

http://www.aoa.gov/press/fact/alpha/fact_elderly_nutrition.asp

Nutrition Services Incentive Program

http://www.aoa.gov/eldfam/Nutrition/Nutrition_services_incentive.asp

Older Americans Act Nutrition Network (AoA Grantee)

(National Policy and Resource Center on Nutrition and Aging)

http://www.fiu.edu/~nutreldr/Aging_Network/aging_network.htm

Food and Drug Administration

Center for Food Safety and Applied Nutrition

<http://vm.cfsan.fda.gov/list.html>

Department of Agriculture

Food and Nutrition Service

<http://www.fns.usda.gov/fns/>

Food Stamps

<http://www.fns.usda.gov/fsp/>

Food Stamp Program – Toll Free Number

http://www.fns.usda.gov/fsp/contact_info/toll_free_number.htm

State Food Stamp/Hotline Telephone Numbers

http://www.fns.usda.gov/fsp/contact_info/hotlines.htm

Food Stamp Program – Applicants and Participants

http://www.fns.usda.gov/fsp/applicant_recipients/default.htm

Food Stamps Pre-Screening Eligibility Tool

<http://209.48.219.49/fns/>

Food Stamp Program – Seniors Materials

<http://www.fns.usda.gov/fsp/outreach/seniors.htm>

Food Stamp Special Rules for the Elderly or Disabled

http://www.fns.usda.gov/fsp/rules/Elderly_Disabled.htm

Common Food Stamp Myths Concerning Elderly Households

(U.S. Department of Agriculture)

Page One:

<http://www.fns.usda.gov/fsp/outreach/Translations/English/10mythsp1.pdf>

Page Two:

<http://www.fns.usda.gov/fsp/outreach/Translations/English/10mythsp2.pdf>

Elderly Nutrition Pilot Projects

<http://www.fns.usda.gov/oane/MENU/DemoProjects/ElderlyPilots/Awardees.htm>

Senior Farmer's Market Nutrition Pilot Program - 2003

<http://www.fns.usda.gov/wic/SeniorFMNP/SFMNP03.htm>

Agricultural Research Service

<http://www.ars.usda.gov/>

Economic Research Service

<http://www.ers.usda.gov/>

Food and Nutrition Information Center

<http://www.nal.usda.gov/fnic/>

Center for Food Safety and Applied Nutrition

<http://www.nal.usda.gov/fsrio/>

Elderly Nutrition

http://www.nal.usda.gov/foodstamp/Topics/elderly_nutrition.html

National Institute of Medicine

Food and Nutrition Board

(National Institute of Medicine)

<http://www.iom.edu/board.asp?ID=3788>

National Institutes of Health

Office of Dietary Supplements

<http://dietary-supplements.info.nih.gov/>

Dietary Supplement Use in the Elderly

(compiled by National Library of Medicine for Conference)

<http://www.nlm.nih.gov/pubs/cbm/elderdietsuppl.html>

Federal Government: Publications and Campaigns

Administration on Aging

Steps to Better Eating (AoA Sponsored Campaign)

(National Policy and Resource Center on Nutrition and Aging)

http://www.fiu.edu/~nutreldr/STEPS_Program/STEPS_home.htm

Food and Drug Administration

Eating Well as We Age

<http://www.fda.gov/opacom/lowlit/eatage.html>

Seniors and Food Safety - Preventing Foodborne Illness

<http://www.cfsan.fda.gov/~dms/seniors.html>

2001 Food Code (includes guidance for nursing homes)

<http://vm.cfsan.fda.gov/~dms/foodcode.html>

Department of Agriculture

Nutrient Data Base

(U.S. Department of Agriculture)

<http://www.usda.gov/news/releases/2003/04/0120.htm>

Nutrition and Aging Relationships

http://www.nal.usda.gov/ttic/tektran/categoryV3/Nutrition_Aging_Relationships.html

Nutrition and the Elderly – Resource Guide

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/nutritionelderly.html>

New Dietary Guidelines For Americans

<http://www.ars.usda.gov/dgac/>

Old Dietary Guidelines for Americans

<http://www.nal.usda.gov/fnic/dga/dguide95.html>

Modified Food Pyramid for 70+ Adults

<http://www.ars.usda.gov/is/np/fnr/fnr499.htm> - Pyramid

Seniors' Views of the Food Stamp Program and Ways To Improve Participation—Focus Group Findings in Washington State: Final Report

(Economic Research Service)

<http://www.ers.usda.gov/publications/efan02012/>

Food Spending and the Elderly

(Food Review)

<http://www.ers.usda.gov/publications/FoodReview/Sep2002/frvol25i2c.pdf>

Food Stamp Participation by the Elderly Remains Low

(Food Review)

<http://www.ers.usda.gov/publications/FoodReview/Sep2002/frvol25i2e.pdf>

Older Adults at Risk of Complications from Microbial Foodborne Illness

(Food Review)

<http://www.ers.usda.gov/publications/FoodReview/Sep2002/frvol25i2f.pdf>

Food Security Rates are High for the Elderly

(Food Review)

<http://www.ers.usda.gov/publications/FoodReview/Sep2002/frvol25i2d.pdf>

National Institute of Medicine

The Role of Nutrition in Maintaining Health in the Nation's Elderly: Evaluating Coverage of Nutrition Services for the Medicare Population

(Food and Nutrition Board, National Institute of Medicine)

<http://www.nap.edu/books/0309068460/html/>

Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride (1999)

(Food and Nutrition Board, National Institute of Medicine)

<http://www.nap.edu/books/0309063507/html/index.html>

Consumer Fact Sheets

Determine Your Nutritional Health Checklist

(American Academy of Family Physicians)

<http://www.aafp.org/x17367.xml>

Portion Distortion! Do You Know How Food Portions Have Changed in the Past 20 Years?

(National Heart, Lung and Blood Institute)

<http://hin.nhlbi.nih.gov/portion/>

Life Healthier, Live Longer

(National Heart, Lung and Blood Institute)

<http://www.nhlbi.nih.gov/chd/>

Food Safety for the Elderly

(Clemson University Extension)

<http://hgic.clemson.edu/factsheets/HGIC3642.htm>

Nutritional Supplements Misuse Among Older Adults

(Ohio State University Extension)

<http://ohioline.osu.edu/ss-fact/0126.html>

As We Age: Nutrition for Senior Adults

(Virginia Tech Cooperative Extension)

<http://www.ext.vt.edu/pubs/nutrition/348-020/348-020.html>

Can You Benefit from Taking a Dietary Supplement?

(Iowa State Extension)

<http://www.extension.iastate.edu/nutrition/supplements/benefit.php>

Consumer Internet Sites

Food Stamps for the Elderly Resource Center

(Food Research and Action Center)

<http://www.frac.org/html/news/fsp/fselderlycenter.htm>

Food Bank Directory

(Women Against Violence)

<http://www.wadv.org/foodbank.htm>

Nutrition Navigator – Tufts University

<http://navigator.tufts.edu/>

Arbor Nutrition Guide

<http://www.arborcom.com/>

Mayo Clinic – Food and Nutrition Center

<http://www.mayohealth.org/home?id=4.1.5>

Nutrition Analysis Tool (NAT) Tools for Good Health

(Food Science and Human Nutrition Department at the University of Illinois)

<http://www.nat.uiuc.edu/>

Nutrition and Food on the Web – Finding the Right Stuff

(Simon Fraser University)

<http://www.sfu.ca/~jfreemont/>

Hunger and Food Insecurity Among the Elderly

(Center on Hunger)

<http://www.centeronhunger.org/pdf/Elderly.pdf>

Service Provider Organizations

National Association of Nutrition and Aging Services Programs

<http://www.nanasp.org/>

Meals on Wheels Association of America

<http://www.projectmeal.org/>

National Meals on Wheels Foundation

<http://www.nationalmealsonwheels.org/>

California Association of Nutrition Directors for the Elderly

<http://www.cande.org/>

Examples of state and local organizations and programs

Citymeals-on-Wheels (New York)

<http://www.citymeals.org/>

Elderly Nutrition Program & Meals-on-Wheels (Massachusetts)

(Coastline Area Agency on Aging)

<http://www.coastlineelderly.org/home/wheels.htm>

Professional Organizations and Academic sites

American Dietetic Association

<http://www.eatright.org/>

Nutrition, Aging, And The Continuum Of Care

http://www.eatright.org/Public/GovernmentAffairs/92_8250.cfm

Liberalized Diets For Older Adults In Long-Term Care

http://www.eatright.org/Public/GovernmentAffairs/92_adar0902.cfm

Geriatric Nutrition Practice Group

<http://www.fiu.edu/~gn/>

Jean Mayer USDA Human Nutrition Research Center on Aging

<http://www.hnrc.tufts.edu/>

National Policy and Resource Center on Nutrition and Aging

<http://www.fiu.edu/~nutreldr/>

Columbia University – Nutrition and Elderly Training Module

http://cpmcnet.columbia.edu/dept/dental/Dental_Educational_Software/Gerontology_and_Geriatric_Dentistry/nutrition/nutrition_index.html

Nutrition Screening Initiative

(American Academy of Family Physicians)

<http://www.aafp.org/nsi/>

American Society for Nutritional Sciences

<http://www.asns.org/>

Nutrition for Older Adults Health

(University of Georgia)

<http://www.arches.uga.edu/%7Enoahnet/home.html>

Congressional Hearings

Fitness and Nutrition: The Prescription for Healthy Living March 11, 2003

(Senate Special Committee on Aging)

<http://www.senate.gov/~aging/index.cfm?Fuseaction=Hearings.Detail&HearingID=13>

Healthy Aging and Nutrition: The Science of Living Longer

August 15, 2002

(Senate Special Committee on Aging)

http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=107_senate_hearings&docid=f:82918.wais

U.S. General Accounting Office Reports

Food Stamp Employment and Training Program: Better Data Needed to Understand Who is Served and What the Program Achieves

GAO-03-388, March 3, 2003

<http://www.gao.gov/highlights/d03388high.pdf>

Food Safety: Overview of Federal and State Expenditures

GAO-01-177, February 20, 2001.

<http://www.gao.gov/cgi-bin/getrpt?rptno=gao-01-177>

Food Stamp Program: States Seek to Reduce Payment Errors and Program Complexity

GAO-01-272, January 19, 2001

<http://www.gao.gov/cgi-bin/getrpt?rptno=gao-01-272>

Food Assistance: Options for Improving Nutrition for Older Americans

(RCED-00-238) August 2000

<http://frwebgate.access.gpo.gov/cgi-bin/useftp.cgi?IPaddress=162.140.64.21&filename=rc00238.pdf&directory=/diskb/wais/data/gao>

Title III, Older Americans Act: Carryover Funds Are Not Creating a Serious Meal Service Problem Nationwide

GAO-01-211, January 2001

<http://www.gao.gov/cgi-bin/getrpt?rptno=gao-01-211>

Food Stamp Program: Various Factors Have Led to Declining Participation

(RCED-99-185) July 1999

<http://frwebgate.access.gpo.gov/cgi-bin/useftp.cgi?IPaddress=162.140.64.21&filename=rc99185.pdf&directory=/diskb/wais/data/gao>

Health and Human Services Inspector General Reports

Dietary Supplement Labels: An Assessment (2003)

<http://oig.hhs.gov/oei/reports/oei-01-01-00121.pdf>

Dietary Supplement Labels: Key Elements (2003)

<http://oig.hhs.gov/oei/reports/oei-01-01-00120.pdf>

Adverse Event Reporting for Dietary Supplements (2001)

<http://oig.hhs.gov/oei/reports/oei-01-00-00180.pdf>

Administration on Aging Nutrition Program for the Elderly Use of Agricultural Commodities (1995)

<http://www.oig.hhs.gov/oas/reports/region1/19302510.htm>

Action Plan to Strengthen State Implementation of Title III of the Older Americans Act (1993)

<http://oig.hhs.gov/oei/reports/oei-02-91-01517.pdf>

Reports and Journal Articles

Nutritional Supplements, Dietary Intake and Sufficiency

Current Bibliographies in Medicine 2003-Dietary Supplement Use in the Elderly (National Library of Medicine)

<http://www.nlm.nih.gov/pubs/cbm/elderdietsuppl.html>

Dietary Supplements and Older Consumers

(Public Policy Institute, AARP)

http://research.aarp.org/consume/dd66_diet.html

Special Issue on Nutrition and Aging

(The American Journal of Clinical Nutrition)

<http://www.ajcn.org/content/vol66/issue4/>

Food Insufficiency and the Elderly and the Nutritional Status of the Elderly Population

(U.S. Department of Agriculture Center for Nutrition Policy and Promotion)

<http://www.usda.gov/cnpp/Insights/Insight18.PDF>

Relation between Body Composition, Fat Distribution, and Lung Function in Elderly Men Vol. 73, No. 4, 827-831, April 2001

(American Journal of Clinical Nutrition)

<http://www.ajcn.org/cgi/content/abstract/73/4/827>

Detection, Evaluation and Treatment of High Blood Cholesterol in Adults

(National Heart, Lungs and Blood Institute on Health)

<http://www.nhlbi.nih.gov/guidelines/cholesterol/index.htm>

**Alterations of Immune Defense Mechanisms in the Elderly:
The Role of Nutrition**

(TOP Nutrition Newsletter)

<http://www.thai-otsuka.co.th/pxnews/0498nl01.htm>

Hunger, Malnutrition and Food Insecurity

Malnutrition and the Elderly

(American Academy of Family Physicians)

<http://www.aafp.org/x16093.xml>

Older Adults: Food Security and Food Stamp Participation (2003)

(University of Wisconsin Extension)

<http://www.uwex.edu/ces/wnep/p3/pdfs/fdins.pdf>

Bibliography: <http://www.uwex.edu/ces/wnep/p3/pdfs/fdinsbib.pdf>

Food Stamp Program and Older Americans

(Public Policy Institute, AARP)

http://research.aarp.org/il/fs20r_fsp.html

Hunger and Food Insecurity Among the Elderly

(Food Security Institute, Center on Hunger and Poverty, The Heller Graduate School for Social Policy and Management)

<http://www.centeronhunger.org/pdf/Elderly.pdf>

Using A Concurrent Events Approach to Understand Social Support and Food Insecurity Among Elders

(Food Economics and Nutrition Review)

<http://www.usda.gov/cnpp/FENR/FENRv15n1/fenrv15n1p25.pdf>

Food Insecurity among the U.S. Elderly

(Joint Center for Poverty Research, Northwestern University and University of Chicago)

http://www.jcpr.org/newsletters/vol5_no2/index.html

Nutritional and Health Consequences Are Associated with Food Insecurity among U.S. Elderly Persons

(Journal of Nutrition)

<http://www.nutrition.org/cgi/content/full/131/5/1503>

Measuring the Food Security of Elderly Persons

(Family Economics and Nutrition Review)

<http://www.usda.gov/cnpp/FENR/FENRv15n1/fenrv15n1p33.pdf>

Food Security Rates Are High for Elderly Households

(Food Review)

<http://www.ers.usda.gov/publications/FoodReview/Sep2002/frvol25i2d.pdf>

Understanding the Measurement of Hunger and Food Insecurity in the Elderly

(Institute for Research on Poverty Discussion)

<http://www.ssc.wisc.edu/irp/pubs/dp108896.pdf>

Food Insufficiency and the Nutritional Status of the Elderly Population

(Family Economics and Nutrition Review)

<http://www.usda.gov/cnpp/FENR/FENRv13n2/fenrv13n2p58.pdf>

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